

Rotator Cuff Injury Test (Jobe's Test)

Name:

Date:

The Jobe's Test, which is also referred to as the empty can test, is a clinical procedure utilized to evaluate the supraspinatus muscle's strength and integrity. This muscle is one of the four rotator cuff muscles located in the shoulder.

Instructions

1. Ask the patient to stand or sit straight with their arms at their sides.
2. Tell the patient that you will check the strength and condition of their supraspinatus muscle, which is a muscle in the shoulder.
3. Ask the patient to lift their arm up to the side until it's even with their shoulder, with their elbow straight.
4. Ask the patient to turn their arm so that their thumbs point down.
5. Stand in front of the patient and hold their wrist to keep their arm steady.
6. Put your other hand on their forearm and gently push down while the patient tries to resist the force.
7. Watch the patient's reaction. They might feel pain or weakness, which could indicate a shoulder injury, such as a tear in the supraspinatus muscle.
8. Repeat the test on the other arm to compare the results.

Reminders

- Always obtain informed consent from the patient before performing the test.
- Ensure that the patient is relaxed and comfortable during the test, as tension or discomfort may affect the results.
- Use caution when applying force during the test, as excessive force may cause injury or exacerbate an existing shoulder condition.
- Remember that the Jobe's Test is not always definitive and should be used in conjunction with other diagnostic tests and imaging to confirm a diagnosis.
- Be aware of any contraindications for the test, such as recent shoulder surgery or severe shoulder pain.
- Document the results of the test accurately and thoroughly in the patient's medical record for future reference.

Notes: